

Swimming Lessons

Contact Helen on: Mobile: 0773335445

INDIVIDUAL 1:1 SESSIONS: Work at your pace

CONFIDENCE: Have you always wanted to learn but never taken the plunge?

TECHNIQUE: Do you feel like you are working hard but getting no-where fast?

**At The Oasis Centre
Beverley Park Holidays– Goodrington**

Coach: Helen Dyke

**Relevant Qualifications: B.Ed (Hons) Sec PE; ASA Level 2 Swimming teacher;
CRB checked: Level 2 Triathlon Coach; Outdoor and Mountain First aid;
Level 3 Athletics Coach.**

Cost: £10 .00 per half an hour

Block booking of 5 sessions: £40.00

1:1 Swimming Lessons for Children and Adults.

Learn in a safe and warm environment at your own pace.

(If more than one person wants to learn together this may also be possible)

Half an hour sessions or longer on request.....taught in a fun and creative way.

Learn to Swim for Adults

Confidence boosting

Tri a Tri- Swim training for a Triathlon

Stroke technique

Children's sessions..

Beginners sessions

Confidence boosting

Water skills awards

Distance badges

Lifesaving skills

